

May is Mental Health Month Celebration

NAMI Glendale Event "Call Me Crazy" a Huge Success

By Jonee Shady

On May 18th, in Montrose, NAMI Glendale hosted a screening event of Lifetime's "Call Me Crazy" in honor of May is Mental Health Month at Montrose Church. This screening was free to the community and even popcorn and soda were provided. But this wasn't an ordinary night at the movies. What was special and unique was the panel discussion that followed included: NAMI National President, Kerris Myrick; LACDMH Family Advocate, Helena Ditko; Director, Joseph Greco (Canvas); and, actress/writer Jules Bruff (Part Time Fabulous). The panel was moderated by Jonée B. Shady, also an actress and long time supporter/advocate of NAMI Glendale.

The discussion centered around stigma and how to reduce it and bring awareness that Mental Illness is an illness and can happen to anyone. Jule Bruff stated that she appreciated seeing "normal people on the screen who had a mental illness." Kerris Myrick insisted that we as a community need to partner with non mental health organizations and get the word out to the general public. The event was attended by over 150 people and was videotaped and the panel discussion will soon be online. "Canvas", "Part Time Fabulous" and "Call Me Crazy", films that show mental illness in a non stereotypical fashion, are available on DVD at Amazon.com and would be a great addition to any library collection.

